

SAINT LOUIS ENGINEER DISTRICT

TRIAL RUN*

VOL. 24 NO. 11

NOVEMBER 1987

15 PAGES

Constitution Celebration Continues

by Donna Miles
American Forces Information
Service

In small towns and big cities throughout the United States and at military installations overseas, America celebrated the 200th anniversary of the signing of the Constitution in typically American style.

Yet the September 17 celebration of the signing of the Constitution was just one part of a five-year commemoration of the Constitution's Bicentennial.

The celebration of the Constitution's Bicentennial follows that document through history, through much debate and discussion. It commemorates the period of American history from December 1787, when Delaware became the first state to ratify the Constitution, to June 1788, when New Hampshire became the ninth.

The celebration culminates on December 15, 1991, the 200th anniversary of the passage of the Bill of

Rights, the first 10 amendments to the Constitution.

The Bill of Rights was critical to the passage of the Constitution into law. In fact, some states agreed to ratify the Constitution only on the promise that it would be amended to explicitly protect individual liberties against the national government. The Bill of Rights answered this promise.

Passage of the Bill of Rights, however, didn't mean the work of the Constitution or the United States was finished. The drafters of the Constitution anticipated and provided for change by peaceful means, as the people judged necessary.

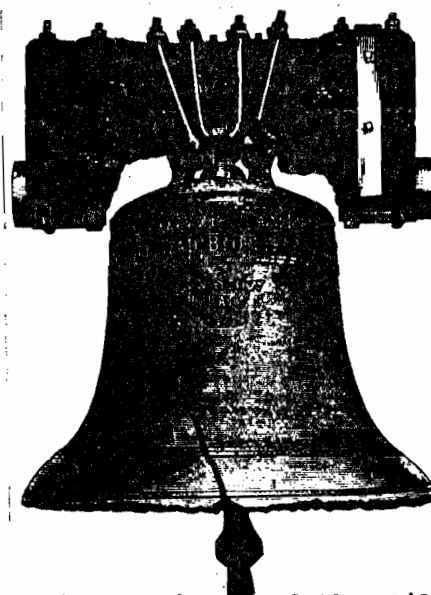
James Madison warned the other delegates that "In framing a system which we wish to last for ages, we should not lose sight of the changes which ages will produce."

Madison's warning was heeded by his peers. During the bicentennial celebration, Supreme Court Justice Thurgood Marshall said, "I do not believe the meaning of

the Constitution was forever fixed at the Philadelphia convention. The true miracle was not the birth of the Constitution, but its life, a life nurtured through two turbulent centuries of our making."

Since passage of the Bill of Rights, 16 more amendments have been added to the Constitution to meet the changing needs of America.

continued on page 4



*One-time interim name for new bulletin format

To Our Readers

The Old Bulletin is Dead! Long Live the New!

The name and cosmetic changes we hope you noticed on the front page are the first visible reflections of an on-going program to up-grade our in-house publication. There will be many more, in the coming months; some noticeable, some not.

It is our goal to make the new bulletin as readable, interesting and informative as we can, to the broadest possible cross-section of the District workforce, both active and retired.

How well we are able to do this depends, to a very great extent, on how well you — our readers — do in keeping us informed. We need input and we need feedback; input about people and events, feedback about what you would like to see us cover.

We will at least listen to any reasonable suggestion, even if we cannot heed it. We will answer any question we possibly can — either in print or otherwise, as seems appropriate. We are willing to discuss any courteous comment, proposal or constructive criticism.

Editorial policies governing the new bulletin are based on Army regulations and the relevant laws which apply to all news publications; detailed operating policies will be discussed in a future issue.

The changes you see in this issue have been

made possible by the introduction of a desktop publishing program into PA's computer. This program provides far greater flexibility, variety and control in the make-up, layout and graphic quality of our publication. As we develop familiarity with the program and receive the hardware and software to operate it effectively, it should also greatly reduce the time required to prepare each issue for printing, not to mention elimination of the contract costs we have been paying for these services.

We hope this new capability will make it possible to shift from monthly to bi-weekly publication, to bring more timely coverage to our customers: You.

Bugs



While reading this issue of the bulletin keep in mind that this is a first try with a very complicated desktop publishing program. The program itself still has bugs in it that keep it from operating perfectly. We do not yet have the hardware and software necessary to use the system to anywhere near its potential. Bear with us.



US Army Corps
of Engineers
St. Louis District

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DEPARTMENT OF THE ARMY
LOWER MISSISSIPPI VALLEY DIVISION, CORPS OF ENGINEERS

P. O. BOX 80
VICKSBURG, MISSISSIPPI 39180-0080

REPLY TO
ATTENTION OF:

October 21, 1987

Executive Office

Thanksgiving Day Message

Thanksgiving, the oldest of our non-religious national holidays, is a special time for most Americans.

It reminds us of the hardships endured by early settlers, of the sacrifices by our ancestors to create and develop this nation, and of the abundance of our harvests. This is a time of celebration for what we have earned through hard and diligent work.

Thanksgiving, even in dark periods of our history, has been a symbol of our blessings. George Washington proclaimed the first national observance in 1789, the first year of his presidency when this young nation was struggling just to exist. During the Civil War, President Lincoln remarked on the "bounties...of so extraordinary a nature that they cannot fail to penetrate and soften the heart."

We continue this tradition in 1987, almost 200 years since Washington's proclamation and three and a half centuries since the Pilgrims and Indians shared in the bounty of that colonial harvest.

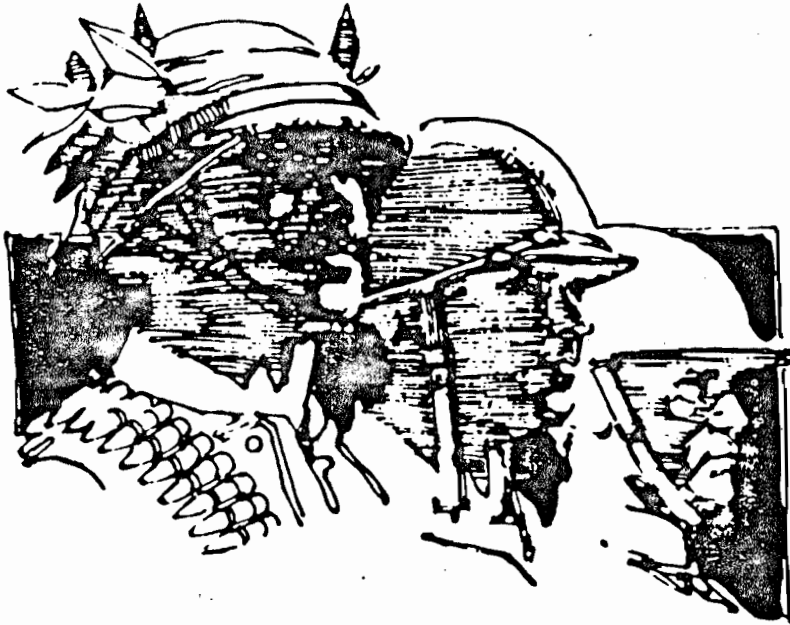
To all employees and their families, happy Thanksgiving.

Sincerely,

A handwritten signature in cursive script, reading "Thomas A. Sands", is positioned above the typed name.

Thomas A. Sands
Major General, U. S. Army
Division Engineer

Veterans Day: America Remembers



The observance of Veterans Day goes back to 1921, when an American soldier -- his name "known but to God" -- was buried at Arlington National Cemetery. The burial site of this unknown soldier became a memorial of dignity and reverence for America's veterans.

Similar ceremonies were held earlier in England and France, where unknown soldiers were buried at Westminster Abbey and the Arc de Triomphe, those nations' highest places of honor.

All three memorial gestures took place on Nov. 11, giving universal recognition to the celebrated ending of World War I hostilities at 11 a.m., Nov. 11, 1918 -- the 11th hour of the 11th day of the 11th month.

That day became known as Armistice Day and was declared a national holiday 12 years later.

Shortly after the holiday was proclaimed, World War II broke out in Europe, shattering the dream that World War I had been "the war to end all wars."

More than 16 million Americans served during World War II, of whom more than 400,000 were killed. The families and friends of these dead longed for a way to honor their memory -- to honor veterans of all wars.

The answer came in the form of legislation that changed Armistice Day to Veterans Day, an observance honoring veterans of all America's wars. In 1954, President Dwight D. Eisenhower signed the bill proclaiming Nov. 11 as Veterans Day and called for Americans everywhere to rededicate themselves to the cause of peace.

More significance was added

to Veterans Day in 1958, when two more unidentified American war dead -- one from World War II and one from the Korean conflict -- were brought to Arlington Cemetery from overseas and buried beside the World War I soldier. On Memorial Day 1984, an unidentified American war dead from the Vietnam War was also buried at the Tomb of the Unknowns.

From 1971 to 1975, Veterans Day was observed on the fourth Monday in October in compliance with a 1968 law that changed most national holidays to Mondays.

However, recognizing the significance of Nov. 11, Congress passed a law in 1975 returning the Veterans Day observance to that date. The law took effect in 1978, the 60th anniversary of the World War I armistice.

Celebration (from page 1)

Yet the legacy of the Constitution continues. Two hundred years after the delegates of the Constitutional Convention left Philadelphia, the Constitution still serves the interests of the people -- rich and poor, Northern and Southern, farmers, workers and business people.

And the constitutional celebration continues.

Combined Federal Campaign

Combined Federal Campaign agencies are working to build a better community every day of the year.

Perhaps someone you know -- a friend, a relative, a neighbor or a co-worker -- has received help from an agency supported by the CFC.

When you give a dollar, the dollar is well-spent. The cost of the CFC is very small -- only four cents of every dollar go for campaign expenses. The rest goes to strengthening family life, rehabilitation of the handicapped and assistance to chil-

dren, the elderly and the ill.

Through the Combined Federal Campaign, you can be sure that help can be there when it is needed -- help for young people seeking direction in their lives, help for disabled, help for the oppressed overseas, help for troubled families, and help for all of us.

For those in need, so much more will be required in 1988; from the agencies delivering services, so much more will be asked. Your help is important. "Remember, someone out there needs someone like you."

On The Soap Box

Telling the District's Story last month were:
Around the District

Pat McGinnis and Andrew Jefferson joined Woodsy Owl and Smokey Bear (stay-in-schools, Antonette Fort and Leonard Manning) in the Wartburg, Illinois, Homecoming Parade.

Claude Strauser, Chief, Potomology Section, gave a briefing on earthquakes on the Mississippi River to the folks on board the M/V Mississippi who were taking the low water trip to Cape Girardeau.

Joe Bisher, CT, assisted in conducting a procurement training session sponsored by the Missouri Small Business Development Center.

Claude Strauser, Chief, Potomology Section, repeated his "performance" on earthquakes on the Mississippi River before 120 attending the 1987 Fall Senior Leadership Confer-

ence in Memphis, Tennessee.

Mike Cullen, Assistant Chief, OD, spoke to a graduate class in River and Harbor Engineering at the University of Missouri, St. Louis, on dredging.

Terry Norris, PD-A, spoke to three classes of 3rd graders at Bowles Elementary School about recent archaeological investigations in the St. Louis Metropolitan area.

L & D 26 Replacement

Ed Berghoff and Lenn Martin teamed to spread the word about 26(R). They gave a tour of the project to 33 people from the Bank of Alton. They gave a tour to 25 members of the Alton Rotary. And a tour to a Civil Engineering Class from SIU - Edwardsville.

Ed Berghoff teamed with Jim Bissell to speak about the project to the St. Louis Port Authority. The same two spoke to 40 members of the Antique Auto Club.

Berghoff and Jack Vizer gave a tour to 60 students from St. Mathews School.

Ed Berghoff went it alone in a talk to 55 members of the East Alton Rotary Club. He also spoke to 20 people from Curdie Heights Baptist Church; gave a tour to the Alton YMCA (retirees); spoke to 16 people from the Illinois Pilots Association; gave a tour to the American Society of Civil Engineering Student Chapter from the University of Missouri at Rolla.

Lenn Martin and Sig Groetsch gave a talk to the Cooperative Extension Service of

L & D 26 Replacement cont.

the University of Illinois.

Jack Vizer hit the speaking trail on behalf of the project. He spoke to 80 4th graders from McKinley School in Alton. He gave a tour to 50 students from Fieldon Elementary School.

Jack Vizer joined Milt Walter, Bob Wasitis and Howard Turner to speak to 150 students from North Middle School.

Jim Bissell was also active in the words category. He spoke to 30 members of the Fosterburg Baptist Church. He joined Jim Dorsey to brief the Society of American Military Engineers Regional Convention on construction progress. Jim, Farrell Burnett and Milt Walter spoke to the Lower Mississippi Valley Division Commander's Conference.

Bill Brown and son Mike spoke to the First Baptist Church of Cottage Hills, Illinois, senior citizens group.

Bob Wasitis spoke to the Staunton Men's Club.

Cherrie Kimbrough, Bob Herr, Lenn Martin, Milt Walter, Howard Turner, John Thoele and Rich Reiter spoke about the project to the St. Louis District's Federal Women's Program members.

Bob Wasitis and Sig Groetsch gave a tour to 20 members of

Wappapello Lake

Park Ranger Dan Camden provided a gatehouse tour to 50 Girl Scouts from Kennett, Missouri.

Carlyle Lake

Park Rangers Roger Hayes and Francis Walton gave interpretive programs to St. Dominic's third grade class and the Washington County Vocational Workshop.

Park Ranger Francis Walton presented a dam tour, nature hike, games and a tour of the Visitor Center to first graders from Mulberry Grove Elementary School.

Woodsy and Smokey, along with Park Ranger Francis Walton, visited the Saints Peter and Paul Grade School in Collinsville and spoke on fire prevention and pollution control.

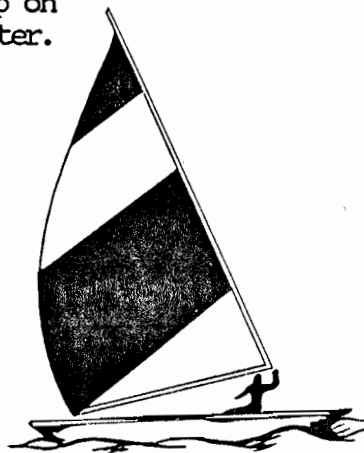
Park Ranger Francis Walton led fifteen members of the Beckemeyer Brownie Troop on a tour of the Visitor Center.

Leader Pow Wow at Beaumont Scout Reservation. The rangers talked to over 200 scout leaders about recreation resources available at District lakes.

Mark Twain Lake

Corps of Engineers Rangers teamed with Missouri Department of Conservation agents to present a Hunter Education Course at the Mark Twain Lake Management Office early in October. The course was offered to 50 individuals and was quickly filled. Park Rangers Chuck Crocker, Jon Graznak Cynthia Dierks and John Cannon all taught sections of the course.

Tours of the Visitor Center were given to over 200 students from Quincy and Moberly during the month of October. Park Rangers Chuck Crocker, Mary Ann Story and Maureen Murrin taught the students about the lake and the production of hydroelectric power.

**Rend Lake**

Park Rangers Mark Roderick (OD-RR) and Francis Walton (OD-RC) participated in the St. Louis Area Council Boy Scouts of America, Cub Scout

Lake Shelbyville

Park Ranger Mike Skinner was a guest of radio station WDCZ of Decatur, Illinois. The talk show discussion concerned natural resource

management at Lake Shelbyville.

Assistant Park Manager Tom Bloor and Park Ranger Al Lookofsky presented a program at the Lake Shelbyville Visitor Center entitled Corps of Engineers Recreation Operations at Lake Shelbyville to a Leisure Studies class from the University of Illinois.

Park Ranger Larry Gutzler presented a program entitled Inviting Wildlife into Your Backyard to 56 6th grade students and adults from Humboldt School.

Park Ranger Diana Williams spoke to 55 Leisure Studies students at Eastern Illinois University about the history of the Corps.

Coming Up At The Lakes

Rend lake -- The 8th annual Rend Lake Handicapped Deer Hunt is scheduled for November 20th through the 22nd.

The Iroquois and The Constitution

Could it be that the U.S. Constitution owes a debt to the Iroquois?

The week 22 through 28 November has been designated Native American Week. And, with this being the bicentennial of the U.S. Constitution, the topic question is indeed worth considering. Following is an excerpt from the article, "From One Sovereign People to Another", published in the September 1987 issue of National Geographic magazine.

"While out on a 'ramble' with the Marquis de Lafayette in 1784 - three years before the Constitutional Convention - James Madison attended the preliminaries for a treaty ceremony at Fort Stanwix, New York, between the fledgling United States and the Six Nations Iroquois Confederacy.

There he witnessed the Iroquois 'forest diplomats', whose own oral constitution - The Great Law of Peace - preceded ours by centuries. It is based upon strength through union and embodies Iroquois notions

of free expression and representative government with checks and balances.

Could it be that the U.S. Constitution owes a debt to the Iroquois? Benjamin Franklin cited their powerful Confederacy as an example for a successful union of sovereign states, and contemporary accounts of the American 'noble savage' - living in 'natural freedom' - inspired European theorists such as John Locke and Jean-Jacques Rousseau to expound the philosophical principles that helped ignite the Revolution and shape the Constitution."

The St. Louis District's observance of Native American Week will be highlighted in a program on 23 November 1987 in Room 1040 at 1000 hours. The program will include a 20 minute film "The American Indian Influence on the United States" and by an address and slide presentation by F. Terry Norris, District archaeologist, highlighting archaeological findings of Indian culture in the St. Louis District area.

Wappapello Aids Community

The staff of Wappapello Lake has received a letter of thanks and appreciation from Puxico (MO) Public Schools Superintendent, James Wilt-hong.

The Wappapello staff made arrangements for the school

system to obtain some \$15,000 worth of surplus government laboratory equipment, through General Services Administration (GSA).

Lake Manager, Mike McClendon was invited to a dedication

ceremony for the new Science Lab on October 25.

Wilt-hong's letter said, in part, "Thank you for caring and thanks for all of the students who will make use of this equipment to broaden their horizons".

Incentive Awards

PROMOTIONS:

Richard Ubben, RO-L
William Moore, IM
Cynthia Ward, CTJ
James Steele, OD
John Hill, OD
Betty Grady, EEO
Brenda Hamell, PO
Hugh Campbell, IM
Rosemary Puricelli, DC

SPECIAL ACT/SERVICE AWARDS:

Carolyn Foster, DC
Kathleen Kornberger, DC
Kathy Engleman, PD
Natalie Eschmann, PD
Ida Morris, PD
Michael Banovz, IR
Edward Schneider, OD
Roy Mathiesen, PD

EXCEPTIONAL PERFORMANCE RATINGS:

James Kuehnle, ED
James Papin, OD
David Busse, ED
William Levins, RE
Edward Franz, RO-L
Richard Andersen, IM
Cynthia Oltman, RE
Artemio Basuel, OD
Norma Browning, OD
Jean Kuethe, DC
Jacob Buckley, OD
Gary Dyhouse, ED
Shirley Barnes, IM
Kenneth Porter, PD
Deborah Kuhlman, IM
Edward Riiff, ED
Hazel Schnatzmeyer, IM
Alexander Bienkowski, ED
Rosemary Puricelli, DC
Russell Elliott, IM
Robert Rapp, ED
Bradford Strauser, ED
Claude Strauser, ED
John Brady, PD

QUALITY STEP INCREASE:

Hazel Schnatzmeyer, IM

THE FOLLOWING SUGGESTIONS HAVE BEEN ADOPTED. FOR FURTHER INFORMATION CONTACT THE IMPLEMENTING DIV/OFC STATED BELOW.

INTANGIBLE SUGGESTIONS:

Cecil McLard is granted an award for an adopted suggestion that recommended a personnel entrance door be installed in the machine shop at the service base. The suggestion was implemented by OD in September 1987.

Former Employee Honored

A former employee of the District, the late Ray E. Covington, was honored by the St. Louis Mercantile Library Association, to commemorate the donation of Covington's slide and photo collection to the library, on October 23.

Covington, who retired in 1965 after 40-plus years of service, was Chief Engineer aboard the Dredge Ste. Genevieve, at the time of his retirement. Over his many years on the river, he had amassed an impressive collection of river scenes.

After Covington's death, custody of his collection passed to Joe Bisher, of Contracting Division. Joe, in turn, contacted Jim Swift, former editor of the Waterways Journal, who is associated with Mercantile Library. The donation was arranged, with the cooperation of Covington's widow, Helen.

Colonel Wilson and other District representatives joined Mrs. Covington, her daughter-in-law and two of Ray's grandchildren at the commemorative event.

The Covington collection is being added to the Herman T. Pott National Inland Waterways Library archives, for use by river historians and other interested parties.

Pumpkin?



'Deep Pumpkin', PD-A's last-minute entry in the first annual SLED Pumpking Decorating Contest, bested the field and took first place honors at the 30 October 1987 judging. Entries were judged on the basis of originality, tastefulness? and esprit de corps.

Retiree Review

On Thursday, October 15, 1987, the Over-the-hill Gang met as usual at Pietros at Watson and Mardel. There were 47 in attendance.

The first shock of the day was when Elmer Huizenga entered the rathskeller without his normal horse blanket. He was attired in a pale blue blazer which any normal well-dressed man would wear. Then Joe Pollaro walked in with a duplicate blazer and everyone assumed they were attendance prizes from the recent cruise.

A new face was present and introduced as Pam Taft. She said she had worked in Real Estate but left in 1964.

Homer Duff kept his attendance record intact. Roger Cuddeback returned after a month's absence, but no one paid any attention to him because he had his lovely wife with him.

Several of the recent retirees were in

attendance again. I spotted Laurel Nelson, Lafayette Kugler and Evelyn Grote enjoying themselves in spite of the jokes Elmer was trying to tell.

Bill Shanks was there despite an obituary which appeared in the Post Dispatch for William Shanks. After a little discussion, his wife admitted that she thought he had been dead for quite a while.

The good news is that no one had any bad news to report.

There was some confusion over what month the "Reunion" meeting would be held, but it was decided that it would be in December at the regular Christmas Party. Elmer then asked for volunteers to prepare decorations, etc., for the Christmas Party on December 17.

But don't be thinking about Christmas and forget next month's meeting on November 19.

New Worker, High Risk!

Based on the Bureau of Labor Statistics, if you are new at your job, your risk of injury is much higher than for your more experienced co-workers. In fact, they found that almost 50% of workers injured had been on the job less than one year.

Why are new workers more likely to be hurt? Bureau of Labor Statistics studies show that employees injured at work often lack one vital tool to protect themselves, information. Take a look at the following data gathered by Bureau of Labor Statistics in various surveys:

Of 724 workers hurt while using scaffolds, 27% said they received no information

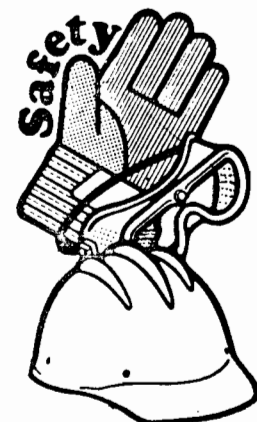
on safety requirements for installing the kind of scaffold on which they were injured.

Of 868 workers who suffered head injuries, 71% said they had no instruction concerning hard hats.

Of 554 workers hurt while servicing equipment, 61% said they were not informed about lockout procedures.

In almost every type of injury the Bureau of Labor Statistics researchers have studied, the same story is repeated over and over. Workers often do not receive the safety information they need even on jobs involving dangerous equipment where

training is clearly essential. In one Bureau of Labor Statistics study of workers injured while operating power saws, almost one of every five said no safety training on the equipment had been provided. The problem of information dissemination and adequate training for our Corps and contractor employees deserve our best efforts.



Talking Turkey? Make it Safe



By Evelyn D. Harris
American Forces Information Services

Benjamin Franklin thought the turkey should be our national bird. And although the eagle's strong and vigilant image earned it "top bird" status, on Thanksgiving, it's the turkey who reigns on dinner tables wherever Americans gather.

Turkey, like other poultry, is tasty and nutritious. But like all high-protein food, it is especially vulnerable to microorganisms that can cause food poisoning. Every year, some 2 million Americans suffer from food poisoning. Here are some hints from food safety experts to ensure that you and your loved ones are not included in that number.

Preparing — If you mix your stuffing a day ahead, premix only the dry ingredients and refrigerate them separately from the uncooked bird. That will keep any bacteria from entering the starchy dressing. Bacteria thrive in high-protein, high-carbohydrate food combinations.

If you're going to use the same knife to cut the vegetables that you used for meat,

first wash it thoroughly. The same goes for cutting boards and all utensils.

Cooking — Stuff the bird loosely just before you're going to cook it. That way, the heat from the oven has a better chance to cook the stuffing all the way through.

Check the stuffing with a meat thermometer after you take the bird out of the oven. Leave the thermometer in place for about five minutes for an accurate reading. To be fully cooked, the stuffing should reach 165 degrees Fahrenheit, the bird 185 degrees.

Serving -- Serve the stuffing in a separate dish from the turkey. Don't leave the turkey and stuffing at room temperature longer than two hours. Even if you can't face clearing off the whole table right after eating, at least get the turkey, stuffing and any foods containing eggs or dairy products in the refrigerator promptly.

Refrigerating — If you don't want to debone the turkey right away, refrigerate the carcass. It is best to separate turkey into pieces, such as drumsticks, before refrigeration. But it will stay fresher if you don't slice it into very small pieces. The reason: You want it small enough to cool quickly but not so small that it is exposed to air at room temperature for long.

If you have large amounts of stuffing, divide them into smaller dishes. This speeds cooling. The key to food safety is to try to keep foods either hot (above 140 degrees) or cold (below 45 degrees). Minimizing the time food stays at room temperature increases safety.

Freezing — If you can't eat leftover turkey quickly, freeze it. Cooked dry turkey keeps a month in the freezer. Turkey in gravy keeps up to six months. Freezing dries food out, but the gravy helps prevent this.

New W-4: IRS Dispels Misinformation

No, you won't be penalized if you receive a federal income tax refund in 1988, Internal Revenue Service officials say. This is a misunderstanding that needs to be clarified. The \$500 penalty mentioned in the instructions to Form W-4 apparently has caused many people concern about the effect of having too little or too much withheld from their wages. Honest people need not worry, say officials. This penalty applies only when a taxpayer deliberately and knowingly falsifies a Form W-4 to reduce or eliminate the proper withholding of taxes. Honest mistakes in figuring the number of withholding allowances will not result in a penalty -- and obviously not when one receives a refund.

Of course, the usual penalties having to do with late payment, underpayment or non-payment are still in effect. These have been around a long time and have no relation to the \$500 penalty for fraudulent misuse of the W-4.

In 1986, Congress instructed IRS to make

withholding more accurate. For this reason and because of changes made by the 1986 Tax Reform Act, a revised Form W-4 was issued. The purpose of the new form is to enable taxpayers to more closely match tax withheld with tax to be paid.

It's important to compute your withholding accurately to avoid the shock of having to pay a large tax bill at the end of the year. If you discover, after you filed your new withholding certificate, that you made a mistake, it's possible to make a correction. Just file a second W-4.

For those who have not filed their withholding certificate yet -- Oct. 1, 1987, was the deadline -- withholdings will be made according to IRS instructions. If you are in this situation, it's a good idea to compute the withholding allowances yourself to make sure they are correct. Then file the W-4 as soon as possible. There is no penalty associated with filing late or correcting your withholdings with an additional W-4.

News Briefs

Winners of the "Take Pride in America" poster contest, coordinated by Wappapello Lake staff, were recognized by Park Manager Michael McClendon during an awards ceremony at Puxico and Greenville Elementary Schools. Local newspapers were on hand to publicize the event. The winner of each age group received a \$50 savings bond, ribbon, and certificate which were donated the Puxico and Williamsville Lions Club.

Welcome aboard to Park Rangers Andrew Jefferson, GS-6; Jim Lynch, GS-6; Michael Crain, GS-4; and Daniel

Camden, GS-4. Each of these rangers were previously employed with the St. Louis District Corps. Congratulations goes out to each of these rangers as well as Jude Harrington who will be transferring to Table Rock Lake from Wappapello at the end of October.

Over 5,000 area school children in grades K through 4 participated in the 5th Annual National Hunting and Fishing Day Coloring Contest. Rend Lake College Art Students judged the contest and local businessmen supplied prizes for the winners. Approximately 47

schools and 223 classes submitted entries. Corps rangers presented awards along with a special conservation program at the winning schools.

The 2nd Annual Mark Twain Lake Storytelling Festival held October 17th at the John F. Spalding Recreation Area attracted over 800 visitors. The event was cosponsored by the Extension Service of Northeast Missouri State University. Children and adults were entertained by a number of performers including the Franklin Street Singers and storytellers Annette Harrison, Ruth Kron-

continued on next page

berg, Bobby Norfolk, and Perrin Stiffel. Park Rangers Jon Graznak and Maureen Murrin served on the planning committee for the event.

Please make a note in your district telephone locators that one of Mark Twain Lake's

telephone numbers has been changed. Phone number 263-4188 has been changed to an FX line, number 928-6435. This is still a direct line number to and from St. Louis. Mark Twain Lake can also still be reached at 263-4190.

The Carlyle Lake Open House attracted 133 visitors on Sunday, 25 October, Marina operators, Illinois Department of Conservation, Corps of Engineers, and the Carlyle Lake Sailing Association personnel were on hand to greet the public.i

Health Benefits Open Season

Department of Defense civilian employees will have the opportunity to adjust their health plans during the annual open season, Nov.9 through Dec. 11, 1987.

During the open season, employees may:

- Enroll in a plan if they are not already covered;
- Change plans;
- Change options within a plan;
- and
- Change the type of coverage within a plan from "self only" to "self and family."

The 1988 Federal Employees Health Benefits Program released recently by the Office of Personnel Management offers a mix of bad and good news.

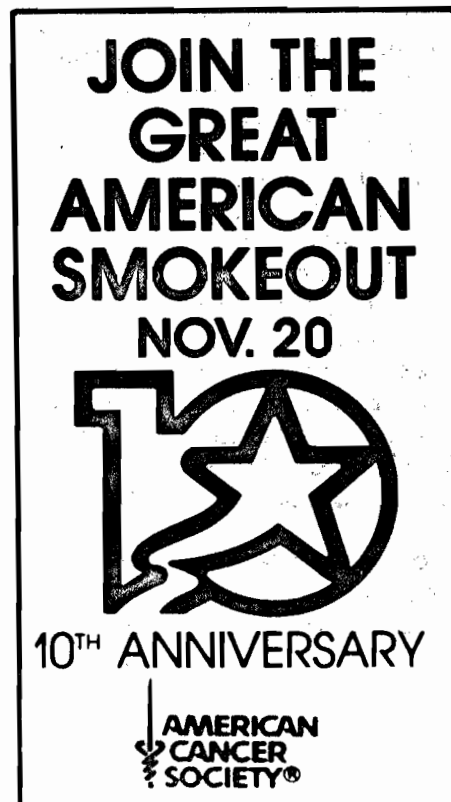
Because of sharp increases in health care costs and use, the average premium will rise by 31 percent. But 296 plans, primarily prepaid health maintenance organizations, will actually have a decrease in enrollee premiums.

Office of Personnel Management officials recommend that you carefully read the complete brochure for the plan you are considering, as well as the brochure for the plan you already have. Many plans have added requirements pertaining to getting health care. If an enrollee does not satisfy these requirements, benefits may be reduced significantly.

Examples of two such requirements are preauthorization and second opinion with respect to surgical or medical procedures.

The Office of Personnel Management is distributing 1988 health benefits information through defense agencies and installations to help workers make decisions during the open season.

If you don't receive a personal copy of the information you need, contact your civilian personnel office.



Telephone Tampering

Although we at DMATS repeatedly advise our subscribers to refrain from tampering with telephone equipment that requires vendor expertise, we continue to receive reports of equipment failure or malfunction due to inappropriate action taken by government personnel.

The unnecessary cost and delays incurred to correct

unauthorized moves, modification or tampering of telephone equipment or wiring is an expense that cannot be tolerated. Corrective action takes approximately one month, at a maximum cost of \$300 per instrument on a time and material type contract.

Development and enforcement of controls will assist in

the promotion of effective telephone management. Be apprised that communications economy is everyone's responsibility.

For additional information contact your DMATS-STL communications specialist at commercial (314) 263-3054 or auto von 693-3054.

Diabetes: Sneaky Thief of Health

By Evelyn D. Harris
American Forces Information

Diabetes can lead to kidney failure, heart disease, blindness, nerve damage and other complications. An estimated 11 million Americans have diabetes, but about 5 million of them don't know they have it, according to the American Diabetes Association.

November is National Diabetes Month - a good time to learn about the disease. Although there is yet no cure for diabetes, the disease can be controlled.

Diabetes causes elevated glucose (sugar) levels in the blood. Glucose, formed when food is digested, is the main fuel humans use for energy.

People with diabetes do not produce or properly use insulin, a hormone produced in the pancreas. Insulin "unlocks" cells, allowing sugar to enter and nourish them. Without insulin, sugar stays in the blood instead of nourishing the body.

For treatment, diabetes can be classified into two main types. Type I, or insulin-dependent diabetes, was once called juvenile-onset diabetes because it occurs most often in children and young adults. Type I diabetics must take insulin daily because their bodies produce little or no insulin. Type II diabetes, once called adult-onset diabetes, occurs most often in individuals

over 40.

Eighty percent of Type II diabetics are obese. These individuals cannot use effectively the insulin their body produces. Type II patients can often control their disease with diet and exercise, although many of them must also have oral drugs or insulin included in their treatment plan. Type II is the most common form of diabetes, accounting for between 80 and 90 percent of all cases.

A less common but important type of diabetes is gestational diabetes, which appears when a woman is pregnant and disappears after she gives birth. Between 25 and 50 out of every 1,000 women develop diabetes during pregnancy. Because the disease can endanger a woman and her baby, Army Maj. (Dr.) William E. Duncan, an endocrinologist at Walter Reed Army Medical Center in Washington, D.C., recommended that pregnant women discuss diabetes screening with their doctors. Diabetes screening involves testing the level of glucose in the blood.

Blacks, Hispanics and Native Americans have higher rates of diabetes. Blacks are twice as likely to get diabetes as whites, and Hispanics are three times more prone to the disease. One in three American Indians is at risk for developing diabetes. Researchers believe the higher risks for these groups result from both genetic and lifestyle factors.

Continued on next page

DIABETES continued

Because excess sugar is excreted in the urine, taking with it a lot of water, early symptoms of diabetes include constant thirst and a frequent need to urinate. If you have these symptoms, see a doctor, particularly if you're obese or have a family history of diabetes.

Nearly half of all people with diabetes develop kidney disease. Some develop end-stage kidney disease, requiring dialysis on kidney transplants to survive. Nearly 25 percent of all new dialysis patients are diabetics.

Diabetics are also more likely to develop heart disease or stroke. One factor in this

is that diabetes increases the risk of high blood pressure.

Diabetes is also the leading cause of blindness in adults between the ages of 20 and 74. Most long-term diabetics experience changes in their eyes even if they don't suffer vision loss.

With its complications, diabetes is the third leading cause of death by disease in the United States.

Despite the many bad effects of diabetes, there are some rays of hope. Diabetics who get good treatment and who follow their doctor's advice can lead full, productive lives.

Accident Summary

GOVERNMENT VEHICLE

ACCIDENTS - OCT 87: None

Total vehicle accidents, FY 88: None

Total vehicle accidents, FY 87: Six

PERSONAL INJURIES

GOVERNMENT EMPLOYEES - OCT 87: None

Total accidents for FY 88: None

Total accidents for FY 87: Nine

PERSONAL INJURIES

CONTRACTOR EMPLOYEES - OCT 87: Three

Total accidents for FY 88: Three

Total accidents for FY 87: Twenty-five

A laborer at L&D 26(R) was struck by a loose hose that was pumping concrete. He was knocked against rebars and suffered lacerations.

A carpenter at L&D 26(R) lost his footing while descending a ladder and fell approximately 6 feet fracturing his ankle.

A laborer at L&D 26(R) suffered a fractured finger when the concrete vibrator fell on his hand.

LAKE FATALITIES: - OCT 87: None

Total lake fatalities for FY 88: None

Total lake fatalities for FY 87: Five

Mark Twain - 2

Carlyle Lake - 3

Magic Kingdom

Walt Disney's Magic Kingdom Club celebrates its 30th anniversary this year. With the celebration comes added benefits to Club members.

If you are going to travel to Disneyland or Disney World, the Club can provide discounts on travel and lodging. The Club also offers discounts on cruises to the Caribbean.

For more information contact

Laurel Lane in room 717,
phone 3-5526.

Help Us Name Our New "Baby"



As indicated on page 1, "Trial Run" is a one-time interim title, used for the sole purpose of introducing the new format and appearance of our in-house news publication.

We would like to have your thoughts on what would be a good name for a District-wide publication, addressed to all District employees. Listed below are four possible names, plus a blank for write-in suggestions. Please cut it out, circle the name you like best or write in one you like better, and forward it to CELMS-PA.

The only pre-existing criteria for the name are:

- It cannot be a copyrighted word or phrase.
- It should be a name that relates to the whole District, not just some portion of it.
- It should not be a name already in use by another Corps District.

Final selection of the name to be used will be made by the Public Affairs staff, in cooperation with the District Commander. We hope to have the new, permanent name in place for the December issue, so get your selection to PA no later than November 20.

Select/Suggest a Name

1. SLED NEWS
2. MAINSTREAM
3. MILESTONES
4. GATEWAY
5. _____

